



2012 EBFF EUROPEAN CHAMPIONSHIPS MENS

-BODYBUILDING & CLASSIC BODYBUILDING and MIXED PAIRS-

JUNIORS & MASTERS

***-BODYBUILDING, CLASSIC BODYBUILDING, FITNESS,
-BODY FITNESS, BIKINI-***

MEN'S WHEELCHAIR BODYBUILDING

11th EBFF EUROPEAN CONGRESS

INSPECTION REPORT



SANTA SUSANNA, SPAIN

3-7 May 2012

Important notice: Arrival date!!! Due the extensive program, the program of activities is extended to 4 days from Thursday to Monday not Friday to Monday.

WELCOME

The EUROPEAN BODYBUILDING AND FITNESS FEDERATION (EBFF), Santa Susanna City Hall and the Tourist Foundation of Santa Susanna extend a warm welcome to all EBFF National Federations to participate in the EBFF Men and Juniors & Masters European Amateur Championships, which will include the following disciplines: Bodybuilding, Classic Bodybuilding, Fitness, BodyFitness, Bikini Fitness and Men's Wheelchair Bodybuilding Championships in Santa Susanna, Spain.

LOCATION

Santa Susanna, is a popular touristic resort, located at the Mediterranean cost of Catalonia (Spain).

Santa Susanna, as an international tourist centre, has gained a renowned reputation in the field of promotion, management and implementation of international sports and cultural events. It has been the successful venue site of 6 consecutive World Women championships (2003-2008), as **the capital of fitness**.

Santa Susanna is located in the centre of the Maresme coast, on a quiet spot surrounded by a splendid garden, at the foot of Montnegre's hill. It is easily accessible through the N-II road, C32 motorway, and train. As well, it is close to Gerona and Barcelona airports - an easy reach from any arrival or departure point. It is located between the sea and the mountain and here we can find a new holiday place with the possibility to stay at comfortable hotels, apartments or campsites. Surrounded by the greenness of its mountains and the blue of its waters, Santa Susanna has become an important holiday centre.



OFFICIAL HOTELS

All official hotels will be four stars category and they will be located on Paseo Maritimo Street.

The Organizing Committee will have a CHECK POINT OFFICE located in front of the train station on Paseo Maritimo Street. This Check Point will have easy access and will handle all the registration, accreditation and accommodation for the hotels.

ACCOMMODATION

The Organiser will provide free-of-charge accommodations and three meals per day, starting with lunch on Thursday, 3rd May 2012 and ending with breakfast on Monday, 7th May 2012 for all Official participants* pursuant to IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

**The term „Official Participant” means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete the Championship, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in Championship pursuant to IFBB rules.*

A National Federation with no athlete may send one (1) official delegate; however, this delegate will be responsible for all his or her expenses.

The Official Arrival Date is Thursday, 3rd May 2012.

The Official Departure Date is Monday, 7th May 2012.

IMPORTANT NOTICE

All National Team Official participants (athletes and delegates) must check in BEFORE the start of Technical Meeting (3rd May at 5:00 pm). Any Official Participant not checked in by this deadline, without notifying the Organizing Committee, will be classified as an extra delegate and will be responsible for all his or her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members. NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

HOTEL SECURITY DEPOSIT

A hotel security deposit of **Euro €100.00 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry - i.e. soiled sheets or towels with tan, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan.

ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS

The Organizing Committee has established a special package including: 4 nights with all meals and drinks included, tickets for semi-finals and finals, closing banquet and transport at: Euro **€290.00** for each person in a double room or Euro **€390.00** for a single room. For more information please ask the Organizing Committee.

PARTIAL PACKAGE

The Organizing Committee has established a partial package, which will include: Tickets for the 3 days Championships, transportation to/from hotel and venue site, ticket for Closing Banquet at 150 euros.

VENUE SITE

Parc Colomer Sports Centre, Santa Susanna.

ARRIVAL/AIRPORT

“El Prat” Barcelona international airport is 65 km (39 miles) from Santa Susanna and 5 km (3 miles) from Barcelona.

The other airport near Santa Susanna is Girona Airport, which is a popular airport for budget airlines.

Please notify the Organizing Committee the details of your arrival time no later than 12 days before the Championships so that suitable transportation can be arranged for your National Team members.

TRANSPORTATION TO AND FROM AIRPORTS

The official airport for arrivals is the El Prat International Airport. The transportation from the airport to the hotel will be arranged for all teams. Organizing Committee will pick you up at the El Prat International Airport. The organizer shall arrange the transportation between airport and hotel on Thursday 3rd May 2012 for €20.00 per person and the transportation between hotel and airport on Monday 7th May 2012 for €20.00 per person, based on the stated times of arrivals and departures.

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of 3rd May 2012 and staying on after the official departure date of 7th May 2012 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport.

If you would like to stay additional days before or after the Championships, please contact the Organizing Committee, who will be able to arrange a special rate.

FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival.

VISAS

A valid passport is required to enter Spain. EU-country citizens do not need to obtain a visa. All other countries should consult the Spanish Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

CATEGORIES OPEN FOR COMPETITION

	CATEGORY	DISCIPLINE	BODYWEIGHT HEIGHT	A-TEAM	B-TEAM
1	Men	Bodybuilding	Up to & incl. 65 kg	8	8
2	Men	Bodybuilding	Up to & incl. 70 kg		
3	Men	Bodybuilding	Up to & incl. 75 kg		
4	Men	Bodybuilding	Up to & incl. 80 kg		
5	Men	Bodybuilding	Up to & incl. 85 kg		
6	Men	Bodybuilding	Up to & incl. 90 kg		
7	Men	Bodybuilding	Up to & incl. 100 kg		
8	Men	Bodybuilding	Over 100 kg		
9	Men	Classic Bodybuilding	Up to & including 168 cm - 100 + 0 kg	5	5
10	Men	Classic Bodybuilding	Up to & including 171 cm - 100 + 2 kg		
11	Men	Classic Bodybuilding	Up to & including 175 cm - 100 + 4 kg		
12	Men	Classic Bodybuilding	Up to & including 180 cm - 100 + 6 kg		
13	Men	Classic Bodybuilding	Over 180 cm (see explanatory notes below*)		
14	Mixed Pairs	Bodybuilding	Open	1	1

- For competitors with a body height of over 180 cm up to and including 190 cm, the following formula will be used:
Maximum weight (in kg) = height (in cm) – 100 (maximum + 8 kg allowance) e.g. a competitor who is 190 cm in height may weigh a maximum of 98 kg
- For competitors with a body height over 190 cm and up to and including 198 cm, the following formula will be used:
Maximum weight (in kg) = height (in cm) – 100 (maximum +9 kg allowance)
e.g. a competitor who is 191 cm in height may weigh a maximum of 100 kg
- For competitors with a body height over 198 cm, the following formula will be used:
Maximum weight (in kg) = height (in cm) – 100 (maximum +10 kg allowance)
e.g. a competitor who is 199 cm in height may weigh a maximum of 109 kg
- All competitors described in points 1-3 above shall compete in the "Over 180 cm" category

Juniors and Masters

15	Junior Women	Bodybuilding	Open class	1	1
16	Junior Women	BodyFitness	Up to & incl 163 cm	2	2
17	Junior Women	BodyFitness	Over 163 cm		
18	Junior Women	Fitness	Up to & incl 163 cm	2	2
19	Junior Women	Fitness	Over 163 cm		
20	Junior Women	Bikini	Open	1	1
21	Junior Men	Bodybuilding	Up to & incl 75 kg	2	2
22	Junior Men	Bodybuilding	Over 75 kg		
23	Junior Men	Classic Bodybuilding	Open Class	1	1
24	Junior Men	Fitness	Open Class	1	1
25	Master Women	Bodybuilding: Age >35 yrs	Open Class	1	No Limit
26	Master Women	BodyFitness:	Age>35 -44 yrs	2	No Limit
27	Master Women	BodyFitness:	Age>45 yrs		
28	Master Men	Bodybuilding: Age >40-49 Yrs	Up to & incl 70 kg	8	No Limit
29	Master Men	Bodybuilding: Age >40-49 Yrs	Up to & incl 80 kg		
30	Master Men	Bodybuilding: Age >40-49 Yrs	Up to & incl 90 kg		
31	Master Men	Bodybuilding: Age >40-49 Yrs	Over 90 kg		
32	Master Men	Bodybuilding: Age >50-59 Yrs	Up to & incl 80 kg		
33	Master Men	Bodybuilding: Age >50-59 Yrs	Over 80 kg		
34	Master Men	Bodybuilding: Age >60-65 Yrs	Open Class		
35	Master Men	Bodybuilding: Age > 65 Yrs	Open Class		
36	Master Men	Classic BB: Age >40 yrs	Open Class	2	No Limit
37	Master Men	Classic BB: Age >50 yrs	Open Class		
38	Men	Wheelchair	Open Class	1	No Limit

The rules regarding A and B teams for this event are as follows:

The „A”- team

- Each National Federation may enter an „A”- team.
- The maximum allowable number of competitors in the „A”- team is 38.
- A maximum allowable number of „A”- team competitors per National federation in any one category shall not exceed two (2).
- Pursuant to applicable rules, the Organiser will provide free-of-charge accommodation, meals, onsite transportation between hotel and venue and access to the Prejudging, Finals and Farewell Banquet to all „A”- team competitors.
- National federation shall pay a Registration Fee for each „A”-team competitor
- The „A”-team competitors shall compete for placings and awards, including Best National Team award
- A National Federation must fully declare its „A”- team competitors on the Final Entry Form (FEF) and must register the „A”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

The „B” – team

- Each National Federation may enter a „B”– team according to the rules specified below.
- The maximum allowable number of **SENIORS** and **JUNIORS** competitors in the B-team shall not exceed those in the A-team;
- There is **NO LIMITATION** for „B”– team **MASTERS** competitors in these Championships.
- The National Federation shall be obliged to pay the Full Package Rate for each „B”-team competitor. This package shall comprise of the competitor’s Registration Fee, accommodation, meals, onsite

transportation, and access for Prejudging, Finals and Farewell Banquet (290euros per person in double room. 390 euros in individual room)

- The „B”-team competitors shall compete for placings and awards, **excluding** the Best National Team award.
- A National Federation must fully declare its „B”- team competitors on the Final Entry Form (FEF) and must register the „B”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

AGE LIMITS

JUNIOR <23 years of age

An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

MASTER

A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday (in case of the category Bodyfitness 35-44 years of age). In the year in which the competitor reaches her 45th birthday, she may compete in the over 45 years of age only.

A male athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches his 40th birthday (in the case of the category 40-49 years of age). In the year in which competitor reaches his 50th birthday, he may compete in category 50-59 years of age only. In the year in which competitor reaches his 60th birthday, he may compete in category over 60 years of age only.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in a specially made CHECK POINT located in front of the train station on Paseo Maritimo Street, from 08:00am, 3rd May 2012 till 4:00pm on 7th May 2012. You may obtain information and assistance from the Secretariat.

IFBB REGISTRATION FEE

Each Official A-Team Senior and Junior Participant and each Delegate must pay the IFBB Registration Fee of Euro €150.00. Each A-Team Masters Participant must pay the IFBB Registration Fee of Euro €200.00

The Registration fee and packages can be paid beforehand online www.ifbb.com and you will receive a discount of 7% on the total amount! When you pay the registration fee before arrival, the Organizing Committee will prepare your team's accreditation and the hotel rooms, so you will not have to wait.

If you have not paid before the Championships, you will have to pay these fees upon arrival at the Official CHECK POINT in Santa Susanna, Spain.

The IFBB Registration Fee is completely separate from the hotel security deposit.

IMPORTANT NOTICE

You must pay the Hotel security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations. If any of your athletes or delegates arrives in Santa Susanna, Spain without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

DOPING CONTROLS

Doping controls will be conducted by the IFBB medical commission pursuant to the IFBB anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix)

Doping controls may be conducted using any of the following methods:

Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.

Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA code. Participating national federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB international competitions.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement. The music must be on CD, at the start of the CD. The Athletes' name must be affixed on the CD for identification purposes.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations

JUDGES

In order to assist the IFBB Judges Committee in their selection of judges for these Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **April 15th 2012** to:

Pawel Filleborn

Chairman, IFBB Judges Committee

E-mail: pawelfilleborn@gmail.com

PLEASE DO NOT FAX/EMAIL YOUR NOMINATIONS TO IFBB HEADQUARTERS.

All international judges must bring their international judge's cards to Santa Susanna.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.

Judges have to pay the yearly judges' licence fee of EUR 50.00 for 2012. This fee may be paid at the Championships. Test judges should pay a test fee of EUR 50.00. This fee may be paid at the Championships.

All judges must attend the Judges/Team Manager meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com **no later than April 15th 2012.**

GREEN CARDS

Green cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

Five (5) or more competitors - two (2) green cards

Less than five (5) competitors - one (1) green card

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TIME DIFFERENCE

GMT +1 hours

CURRENCY

The national currency in Spain is the EURO. All major credit cards are widely accepted at most major hotels, department stores and restaurants.

CLIMATE

During the month of May, the average temperature is 20-22 °C.

ELECTRICAL CURRENT

The electrical outlet is 220 Volt.

LANGUAGE

The official language in Santa Susanna is Spanish. English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

TRAINING FACILITY

A Fitness centre with training facility is available in most of the Official Hotels.

ATHLETES WITHOUT DELEGATES

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an **Official Letter of Authorization of Participation** from his National Federation, failing which the Athlete will not be allowed to participate.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*.

If a National Federation fails to respect the deadline written on the Final Entry Form, each “Official Participant” from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete’s non-participation, be fined an amount equal to the Special Package Rate.

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

Please check regularly for updates:

Wednesday, 2nd May 2012	
7.00 am – 7.00pm	Arrival of the EBFF/IFBB Executive Council Members
12.00pm– 3.00pm	Lunch
7.00 pm	EBFF/IFBB Executive Council Technical Meeting
8.00 pm	Welcome Dinner
Thursday, 3rd May 2012	
7.30 am – 10.00 am	Breakfast
morning till 5.00 pm	Arrival National Teams
12.30pm– 2.30pm	Lunch
5.00 pm	Technical Meeting
5.30 pm	Judges Meeting
6.00 pm	Team Managers Meeting
6.30 pm	Weigh-in, Registration
7.00 - 9.30 pm	Dinner
Friday, 4th May 2012	
7.30 am – 10.00 am	Breakfast
9.00 am – 2.30 pm	Prejudging and Finals part 1
12.30 pm – 2.30 pm	Lunch
3.00 pm – 8.30 pm	Prejudging and Finals part 2
7.00 pm – 9.30pm	Dinner
Saturday, 5th May 2012	
7.00 am – 8.30am	Breakfast
9.00 am – 1:00pm	EBFF Congress
12:30pm – 2:30pm	Lunch
2:30pm – 9:00pm	Prejudging and Finals Part 3
Sunday, 6th May 2012	
7.30 am– 10.00am	Breakfast
9:00am – 2:00pm	Prejudging and Finals Part 4
12:30pm – 2:30pm	Lunch
4:00pm – 8:00pm	Prejudging and Finals Part 5 - including Overall
Monday, 7th May 2012	
7.30 am– 10.00am	Breakfast
12.00 Noon	Departure of delegations

CORRESPONDENCE/CONTACT INFORMATION

Spanish Bodybuilding & Fitness Federation

Phone/ Fax: +34 93 766 0630

E-mail: secretaria@ifbb-spain.com

Web: www.ifbb-spain.com

Please copy all correspondence to:

IFBB HEAD OFFICE

Email: internacional@santonja.com

Web: www.ifbb.com

And

IFBB Technical Committee

Email: wanda.tierney@ifbb-uk.com

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **16th March 2012**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is **23rd April, 2012**. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure information.

In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

It is the responsibility of the President or General-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report